



ON-DEMAND Wellness Screenings



Wellness On Your Time.

We understand your health doesn't run on a schedule. See below for our options of out-of-pocket screenings you can do anytime right here in Humboldt at HCMH!

MAKE AN APPOINTMENT
515-332-2492

Screening Profile Plus - \$40

A blood profile including a complete lipid profile, blood sugar, hemogram, creatinine, potassium, total bilirubin, uric acid, ALT, calcium, and total protein

Wellness Profile (Lipid Profile & Blood Sugar) - \$25

Includes a complete lipid profile and blood sugar

Blood Type - \$20

TB Skin Test - \$20

PSA - \$30

- Screen for prostate cancer recommended for men over 50 or those with a family history

Hemoglobin A1C - \$25

- Screen for Diabetes. Estimation of average blood sugar levels in the preceding 3 months

TSH - \$30

- A sensitive test for thyroid functions

Vitamin D Test - \$50

- Vitamin D deficiency may lead to a variety of disorders, such as osteoporosis

Body Composition - \$15

- % body fat, hydration status, predicted muscle mass, BMI

Blood Pressure and/or Type 2

Diabetes Risk Assessment - \$0

Abdominal Aortic Aneurysm (AAA) - \$35

- Uses ultrasound to Measures the size of the abdominal aorta (vessel that carries blood from your heart to the rest of your body) to detect aneurysms (weak spots) early, before they grow or rupture.

Carotid Ultrasound - \$35

- Uses ultrasound to look for plaque buildup in the neck arteries that supply blood to the brain, helping identify stroke before symptoms appear.

Upper & Lower Extremity Blood

Pressures (ABI) - \$35

- Compares blood pressure in the arms and legs to assess circulation and screen for peripheral artery disease (PAD) (narrowed blood vessels in the legs)W, which can affect mobility and increase heart risk.

All 3 Exams Carotid/AAA/ABI - \$100

Individuals should be fasting; no solid or liquid foods for 12 hours prior to the screening.

Water and medications should be taken in normal amounts.

Payments are due at the time of service; insurance will not be billed. No other discounts will be applied.